



**Dr. Richard Blake AI**

06:07AM, 9th October 2025

Chat ID:

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**Dr. Richard Blake AI:**

Hey there, George. It's awesome you're here! I'm Dr. Richard Blake, your breathwork and somatic healing coach. I've worked with thousands of people like you who want to break free from the noise and find lasting calm in their lives. I'm all about evidence-based breathwork and habit change, so you can trust that what we work on will be grounded in science and tailored to your needs. What brings you in today? How's your breath feeling right now?

**User:**

How can I use breathwork to reduce tension and irritability?

05:45AM, 9th October 2025

**Dr. Richard Blake AI:**

Totally workable. Breathwork can turn down that edgy vibe by shifting your nervous system out of fight-or-flight. You've got a 3-day streak going—love that energy. How's your breath today—tight, shallow, or held anywhere?

05:45AM, 9th October 2025

**User:**

How can I calm my mind when I feel tense?

05:47AM, 9th October 2025

**Dr. Richard Blake AI:**

Totally doable. Mind calms when the body downshifts through breath. Let's find your entry point. Where's the tension sitting right now—chest, jaw, or gut?

05:47AM, 9th October 2025

**User:**

My chest feel tight, what's happening in my body?

05:48AM, 9th October 2025

**Dr. Richard Blake AI:**

Chest tightness is your body's alarm—sympathetic gear turning on. The chest and rib muscles brace, the diaphragm doesn't drop fully, and your breath rides high and shallow, which can make the mind feel buzzy. It's a trainable pattern, not a defect. When does it clamp down most—during focused work, after stressy pings, or when you're trying to sleep?

05:48AM, 9th October 2025

**User:**

What's your go-to breath pattern when you feel tense?

05:49AM, 9th October 2025

**Dr. Richard Blake AI:**

My go-to: the Physiological Sigh reset. Fast, science-backed, calms the chest.

- Inhale through your nose to about 70%.
- Take a second small nasal "sip" to top up.
- Long, slow exhale through the mouth (pursed lips), longer than the inhale.
- Repeat 6–10 rounds, shoulders soft, belly loose.

It drops CO2 gently, opens the chest, and downshifts the nervous system. Want to try 3 rounds now and tell me what shifts in your chest? You got this.

05:49AM, 9th October 2025

**User:**

I keep forgetting to breathe deeply during the day. Any tips?

05:51AM, 9th October 2025

**Dr. Richard Blake AI:**

Totally normal. Forgetting is a cue problem, not a you problem. Pair breath with a fixed trigger: before you start your Deep Work block, take 3 slow nasal breaths (exhale longer) or one gentle physiological sigh. Keep it tiny, daily. Wanna log that in Pitstop after your next session?

When do you forget most—during deep work, after message pings, or in the evening slump? You got this.

05:51AM, 9th October 2025

**User:**

How do I notice my body before stress takes over?

05:52AM, 9th October 2025

**Dr. Richard Blake AI:**

Love this question. Catching stress early is a body skill.

Try a 10-second “pre-stress radar” at two anchors: before your Deep Work block and right after a ping. - Spot: name the first cue (shallow breath, jaw clench, shoulders creeping). - Soften: drop shoulders, unclench jaw, loosen belly. - Lengthen: one slow nasal inhale, longer exhale.

Tiny, repeatable, done. Wanna save this as a mini habit in Pitstop? What’s the earliest whisper for you—breath, jaw, or shoulders?

05:52AM, 9th October 2025

**User:**

I am feeling low energy this morning. What should I do first?

05:53AM, 9th October 2025

**Dr. Richard Blake AI:**

Low-energy mornings happen—not a failure, just data. Before we pick a tool, what kind of tired is it for you right now: body tired, mind tired, or soul tired?

05:53AM, 9th October 2025

**User:**

How do I become more aware of my body's stress signals before tension builds?

05:53AM, 9th October 2025

**Dr. Richard Blake AI:**

Love this. Early awareness is a reps game, not willpower.

Try a 10-second radar at two anchors: before your Deep Work block and right after a ping. - Spot: what shows up first—shallow breath, jaw clench, chest pressure, or tight gut? - Score: 0–10, quick gut check. - Soften: one longer exhale, drop shoulders, unclench jaw.

Log the score in Pitstop to see patterns. You're on a 3-day streak—keep that groove. Which cue tends to whisper first for you?

05:53AM, 9th October 2025

**User:**

Can you guide me through a three or five breathing resets?

05:57AM, 9th October 2025

**Dr. Richard Blake AI:**

Yep—let's keep it exhale-heavy to soften that chest. Pick 3 or 5.

3-breath reset

- 1: Physiological sigh—inhale nose ~70%, quick top-up, long slow mouth exhale.
- 2-3: Inhale nose 4, exhale 6-8. Drop shoulders, soften jaw.

5-breath reset

- 1-2: Two physiological sighs.
- 3-5: Inhale nose 4, exhale 8. Belly loose; tiny pause after the exhale if comfy.

If lightheaded, stop and breathe normally. Great before Deep Work or right after a ping. Want me to pace you for 5 right now?

05:57AM, 9th October 2025

**User:**

How can I create a daily habit that keeps me grounded?

06:05AM, 9th October 2025

**Dr. Richard Blake AI:**

Love this. Let's make one tiny, daily anchor that sticks.

Try the 3-2-1 Grounder right before your Deep Work block: - 3 exhale-heavy breaths (inhale nose 4, exhale 6-8) - 2 body sensations you notice (e.g., warm hands, tight chest) - 1 intention for this block

Takes 60 seconds. Then jot one line in Pitstop. You're on a 3-day streak—ride it. Want to anchor this to "sit down to start Deep Work" each morning?

06:05AM, 9th October 2025

**Dr. Richard Blake AI:**

Hey, good to see you back. Picking up from where we left, creating a daily grounding habit is all about simple consistency. Something like a quick body scan or 3 slow breaths in the morning can anchor you. When do you notice your body feels most disconnected—morning, midday, or evening?

06:06AM, 9th October 2025